

ARMY COMMUNITY SERVICE NEWSLETTER

AUGUST 2009



"REAL-LIFE SOLUTIONS FOR SUCCESSFUL ARMY LIVING"

Check us out on the web at:
<http://www.myarmyonesource.com>

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ARMY COMMUNITY SERVICE

Katterbach Bldg. 5817A, 2nd FL

09802.83 2883/2846 | 467.2883/2846

Fax: 09802.83 2371

Mon-Thu 0800-1700 & Fri 1130-1700

Storck Barracks Bldg. 6510

09841.83 4555/4764 | 467. 4555/4764

Fax: 09841.83 4813

Mon-Thu 0800-1700 & Fri 1130-1700

YELLOW RIBBON ROOM

Katterbach Bldg 5817A, 1st FL

09802.83 2553/2775 | 467. 2553/2775

Mon-Thu 0900-1800 & Fri 1130-1800

Storck Barracks Bldg. 6503

09841.83 4397/4398 | 467. 4397/4398

Mon-Thu 0900-1400 & 1500-1800

Fri 1130-1400 & 1500-1800





MISSION STATEMENT

Mission Statement: ACS will assist commanders in maintaining readiness of individuals, Families, and communities within America's Army by developing, coordinating, and delivering services that promote self-reliance, resiliency, and stability during war and peace.

USAG Ansbach ACS Vision: Empowering the Total Army Family through education to promote self-reliance and resiliency.

PROGRAM STAFF

Administrative Office

Tom Rogers,
ACS Director
09802.83 3629 Katterbach
Rochelle Wheeler
Branch Chief
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Tom Weissenberger
ACS Administrative Assistant
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AFTB & AFAP Manager

Michele Schuh
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Servicing both Katterbach & Storck

Army Emergency Relief

Karoline Garcia
09802.83 2064 Katterbach
Servicing both Katterbach & Storck

Army Volunteer Corps

Sarah Amos
09802.83 2370 Katterbach
Servicing both Katterbach & Storck

Employment Readiness Program Manager

Malesh Chanquin, Acting
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Exceptional Family Member Program Manager

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Family Advocacy Program Manager

Daisy Boyd
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Family Advocacy Program Specialist

Cynthia Jacobs
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Family Advocacy Program Educator

Liana L. Sevcik
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Financial Readiness

Vacant
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Bob Risner
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Information & Referral Manager

Malesh Chanquin
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Vacant
09841.83 4555 Storck

Mobilization & Deployment

Heather Lammers, Manager
09802.83 3601 Katterbach
Christine Kaawaola
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New Parent Support Program

Audry E. Haldaman, LCSW
09802.83 2516 Katterbach
09841.83 4554 Storck

Relocation Readiness

Vacant
09802.83 2279 Katterbach
Diana O'Brien
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SFAC Specialist

Vacant
09802.83 3517 Katterbach

Victim Advocate

Yadira Morales
09802.83 2516 Katterbach

Yellow Ribbon Room

Vacant
09802.83 2553 Katterbach
Rachel Zinski
09841.83 4397 Storck

Military Family Life Consultants

Katterbach: 0151.1812 3764 or 0160.9835 0753
Storck: 0171.849 7174

USEFUL WEBSITES

USAG Ansbach Phonebook

www.ansbach.army.mil/sites/phone/Phonebook.pdf

ACS

www.myarmylifetoo.com

AFN

www.afneurope.org

Army Knowledge Online

www.us.army.mil

Army One Source

www.militaryonesource.com

German Telephone Book:

www.telefonbuch.de

IMCOM EUROPE

www.imcom-europe.army.mil

MILITARY HOMEFRONT:

www.militaryhomefront.dod.mil

MILITARY ONE SOURCE:

www.militaryonesource.com

MWR

www.armymwr.com

Stars and Stripes

www.stripes.com

Tricare

www.tricareonline.com

USAG Ansbach

www.ansbach.army.mil

USAREUR

www.hqusareur.army.mil

ARMY EMERGENCY RELIEF



Overseas Spouse Education Assistance Program (OSEAP)

The new term for the Overseas Spouse Education Assistance Program (OSEAP) is here!

OSEAP is a need-based education assistance program designed to provide spouses, residing with active duty Soldiers in Overseas Commands, with financial assistance in pursuing educational goals through college courses offered at education centers. Alaska, Hawaii, and Puerto Rico are not accepted for OSEAP. Second undergraduate or graduate level courses are not included. "Active Duty" military personnel are not eligible.

All new and continuing students must complete a new application for the first term attended each academic year. Please note an application is not complete until all supporting documents have been received. All required documents must be mailed to headquarters postmarked by the term deadline. Students must complete a renewal form to receive assistance for subsequent terms. No additional documents are required to be submitted when renewing an application.

The following programs are included in OSEAP in addition to traditional college courses offered at the education centers. You must apply for assistance **before** beginning a class or taking a test. If approved, assistance is paid directly to the student upon verification of payment, enrollment, and successful completion.

1. English as a Second Language (ESL)
2. Test of English as a Foreign Language (TOEFL)
3. General Equivalency Diploma (GED)
4. College Level Examination Program (CLEP)
5. Defense Activities Non-Traditional Education Support (DANTES) - The DANTES program consists of three catalogs. These catalogs are available at <http://www.dantescatalogs.com/> AER will consider assistance for only one course at a time.

Education assistance will be awarded up to half the cost of tuition per term based on financial need. The max amount awarded per term is \$500.00 for five terms totaling \$2,500.00 per academic year. Spouses who receive free tuition may apply for assistance for fees, supplies, or books for classes in which they are enrolled.

For more information, contact Ms. Kristin Chapman at AER Headquarters, commercial phone number is 703-325-0313, DSN is (312) 221-0313. The mailing address for this scholarship is:

Headquarters, Army Emergency Relief
ATTN: Overseas Spouse Education Assistance Program
200 Stovall St.
Alexandria, VA 22332-0600

You may also visit your local AER Officer at Katterbach ACS for informational materials.

Karoline Garcia

Army Emergency Relief Officer
Karoline.Garcia@eur.army.mil

09802.83 2064/2883 | 467.2064/2883

M-TH 0800-1700 & F 1130-1700 Katterbach

ARMY FAMILY ACTION PLAN



If it's a program or service...An AFAP issue can **IMPROVE IT!**

If it's a policy or regulation...An AFAP issue can **CHANGE IT!**

If it's a law...An AFAP issue can **AMEND IT!**

If there's a low-cost, creative solution...You should **PURSUE IT!**

Everyone has a voice. Everyone has an idea. Everyone can make a difference. For over 25 years the Army Family Action Plan (AFAP) program has been one of the most important means to address real concerns of Soldiers, retirees, Families, and civilians who serve.

AFAP and You (How You Can Participate)

- If you are part of the Army, you can be an AFAP participant.
- If you are a commander, you can support a strong AFAP program in your community, and you can draw on the real-time quality of life information AFAP provides.
- If you are a Soldier, retiree, civilian, or Family member - Active, Guard, or Reserve - you can be part of local, AC/ASCC/DRU and HQDA AFAP programs.
- Be a delegate and share your good ideas.
- Volunteer to help with a conference, assist with the program, or be a member of the local AFAP Advisory Committee.

Become familiar with current AFAP issues - tell people what's happening - get them energized to promote Army well-being through the AFAP process. (The Issue Update Book on the AFAP web site contains all of the issues).

New success stories are continually created because AFAP is a year-round program. Issues are constantly monitored and worked toward resolution at Ansbach, US Army Europe, and the Department of Army. And it's not just Army personnel that benefit, as over 50% of AFAP issues are applicable to all branches of service. If you are frustrated by policies or procedures that make military life more difficult, suggest a different way. Suggestions for improving Family assistance programs or better ways of doing business on post are welcome.

If you have an issue or would like to participate as a delegate or conference volunteer, contact the AFAP Program Manager, Michele Schuh at 09802.83 2883/2370, email at michele.schuh@eur.army.mil, or stop by Army Community Service, Bldg 5817A Katterbach, or Bldg 6510 Storck.



MICHELE SCHUH

Army Family Action Plan Program Manager

michele.schuh@eur.army.mil

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M,-TH 0800-1700 F 1130-1700

ARMY FAMILY TEAM BUILDING



AFTB

*Connecting Families to the Army...
One class at a Time!*



Army Family Team Building Storck ACS

July 1 AFTB Express, 1800-2030

Stress Management, Acknowledging Change

July 15 AFTB Express, 0900-2100

Personal Time Management, Creative
Problem Solving, Crisis, Coping & Grieving

Katterbach ACS

July 21-24 Level II, 0900-1400

August 18-19, Level I
0900-1400



Requires pre-registration.

Please call Storck ACS

09803.83.4555 | 467.4555

or Katterbach ACS

09802.83.2883 | 467.2883

**Child care funded for all
day classes**



Mission Statement

The USAG Ansbach AFTB program's mission is to educate and train all of the Army in knowledge, skills, and behaviors designed to prepare our Army Families to move successfully into the future. Our goal is to train mission ready Families who are successful through all stages of the deployment cycle.

Michele Schuh

Army Family Team Building Program Manager

michele.schuh@eur.army.mil

M–Th 0800-1700 Katterbach ACS

F 1130-1700 Katterbach ACS

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ARMY VOLUNTEER PROGRAM

Want to Volunteer in USAG Ansbach?
Follow these steps:

- Go to www.MyArmyOneSource.com
- Click “Not a Member? Join Now!”, at the top left side of the home page.
- Complete the Registration Form including “Military Community Affiliation” (US ARMY GARRISON ANSBACH), user name, password and e-mail.

When your application is accepted you will be able to log onto myarmyonesource.com. Once you are logged into the website you will be able to manage your volunteer activities. You will need to log in each time you want to access your volunteer information.

Now you are a volunteer in the Volunteer Management Information System (VMIS). With VMIS you are able to search for volunteer openings, apply for positions, log hours worked, and track your volunteer activity from agency to agency and installation to installation.

- On the home page of MyArmyOneSource.com, Scroll over Family Programs and Services, scroll down to, Volunteering then over to, Become a Volunteer and click on it.
- Select “Opportunity Locator”.
- Make sure your community is selected from the drop down menu. Now you have an option. You can search by the address, keyword or name or an organization for which you would like to volunteer.
- Click “Search”.
- Click on an opportunity to see its description in “Volunteer Opportunity Details”.

Once you have selected a position, note the Contact Person and click “Apply”.

- Fill out “Volunteer Profile and Contact Information”. If you are a minor, check the appropriate box and provide Parent/Guardian Contact Information.
- Click “Submit”, and contact the Point of Contact (POC).

You will receive an e-mail confirmation of your application. The Organization Point of Contact will receive your application and contact you to set up an initial in processing. If the Organization POC does not contact you within two weeks of your application being approved, you should contact them directly.

- To log hours, click on the position.
- Then click on “Add One” to add one day of volunteer hours or “Add Many” to add several days worth of volunteer hours. Select the appropriate days or dates and the number of hours you volunteered. You can also add any pertinent notes and information that may be useful to your future volunteering.

It is very important to log all hours volunteered on a daily basis. Commanders use volunteer hours recorded to evaluate community needs, determine funding requirements, and address community needs. With MyArmyOneSource you are able to track the hours volunteered before you leave the agency that you are volunteering for. Keeping accurate hours volunteered, can translate to qualified work experience on your resume and it is a great way to acquire new skills.



Sarah Amos

Army Volunteer Program Manager
Sarah.amos@eur.army.mil
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EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP)

is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support services to Families with special needs.

An Exceptional Family Member is anyone with a physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training or counseling.

Support Groups

The ADHD Support Group will be meeting this month.
Please join us.

19 Aug — Katterbach ACS
20 Aug — Storck Barracks ACS

To RSVP, please call the
EFMP Manager.



VICTORIA FAULKNER

EFMP Manager

victoria.faulkner@eur.army.mil
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M-W & F Katterbach, Th Storck

CHILDREN'S EYE HEALTH AND SAFETY MONTH

Taking Your Child to the Eye Doctor

Prevent Blindness America recommends a continuum of eye care for children that includes both vision screening and comprehensive eye exams. All children should have their eyes checked at regular intervals.

If you are planning to take your child to the eye doctor, here are some helpful tips:

1. Schedule the appointment when your child is not likely to be sleepy or hungry. If your child has a "cranky" time of day, schedule around it.
2. Make a list of your questions and bring it with you. Take notes when speaking to the doctor, so that you can refer to them later.
3. Have a plan ready in case you need to spend time in the waiting room. Bring a favorite storybook, coloring book or small toy that your child can play with quietly.
4. Your child might be curious or even scared about having their eyes examined. Have the doctor explain what is being done, step by step, and encourage the child to ask questions.
5. Bring your child's favorite cuddly toy. The doctor can "examine" the bear or doll and holding a toy may help to keep little hands off of expensive equipment.
6. Relax. Children look to adults for cues: if you seem nervous, your child may become anxious. A trip to the eye doctor should be fun for both of you.

Eye Safety in the Sun

Everyone, including children, needs to protect their eyes from the sun's harmful rays. Sunglasses with UV protection can help boost the eyes' ability to filter out the damaging rays.

Shop for the Perfect Shades

Only buy sunglasses that block 99% to 100% of both types of ultraviolet rays: UV-A and UV-B. Be wary of labels that claim to block UV without specifying exactly what amount of UV rays they block.

Have your child try on the sunglasses before buying. The sunglasses need to fit snugly against the bridge of your child's nose and the lenses should be large enough to shield the eyes from most angles (above, below and either side) and to block light that enters in around the frames.

Eye Safety at Home

Each year, thousands of children have eye accidents at home, at play or in the car. These accidents can cause damage to your child's sight and even cause blindness. You can prevent eye injuries by taking these simple steps:

1. **Understand the Dangers.** Common causes of eye injury can include misuse of toys, falls from beds or furniture, harmful household products and automobile accidents.
2. **Find and Remove Hazards.** At home, use safety gates, cushion sharp corners and put a lock on cabinets with hazardous products. Before your child plays with a toy, read all the warning and instruction information. Avoid toys with sharp edges or hard points. Make sure your child wears the proper eye protection, goggles and/or sunglasses when needed. Ensure that your child is properly secured in the car and that all loose items are in the trunk or secured on the floor.

EMPLOYMENT READINESS

Malesh Chanquin

Acting, Employment Readiness Program Manager
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T-Th Katterbach M & F Storck

Lynne Perillo

Storck Employment Readiness
Program Manager
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Resume Tips from Yana Parker

5 Key Concepts for Powerful, Effective Resumes

1. Your resume is YOUR marketing tool, not a personnel document.
2. It is about YOU the job hunter, not just about the jobs you've held.
3. It focuses on your future, not your past.
4. It emphasizes your accomplishments, not your past job duties or job descriptions.
5. It documents skills you enjoy using, not skills you used just because you *had* to.

10 Steps in Creating a Good Resume

1. Choose a target job (also called a "job objective"). An actual job title works best.
2. Find out what skills, knowledge, and experience are needed to do that target job.
3. Make a list of your 2, 3, or 4 strongest skills or abilities or knowledge that make you a good candidate for the target job.
4. For each key skill, think of several accomplishments from your past work history that illustrate that skill.
5. Describe each accomplishment in a simple, powerful, action statement that emphasizes the results that benefited your employer.
6. Make a list of the primary jobs you've held, in chronological order. Include any unpaid work that fills a gap or that shows you have the skills for the job.
7. Make a list of your training and education that's related to the new job you want.
8. Choose a resume format that fits your situation--either chronological or functional. Functional works best if you're changing fields; chronological works well if you're moving up in the same field.
9. Arrange your action statements according to the format you choose.
10. Summarize your key points at the top of your resume.

Yana Parker is the master of the resume and author of Resume Catalog, Ready to Go Resumes and Blue Collar & Beyond. Please Google Yana Parker for more information on her books and website.

FAMILY ADVOCACY PROGRAM

GUIDE TO CHILD SUPERVISION

From the USAREUR Child Supervision Policy (June 2008)

****Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Developmental Delay, behavior problems, impulsivity, psychiatric problems or other impairments should NOT be given the degree of self management/responsibility allowed in this policy.****

HOME ALONE?

Birth-5th grade NEVER

Grades 6 & 7 Up to 6 hours with access to adult supervision (never overnight)

Grades 8 & 9 YES (NEVER overnight)

Grades 10, 11 & 12 YES (may be alone for up to 48 hours, but an adult neighbor or adult friend must check on them at least every 12 hours)

BABYSITTING?

Birth-5th grade NEVER (this includes watching younger siblings outside)

Grade 6 may babysit (siblings ONLY and siblings must be over 2 years old) up to three hours with adult supervision

Grade 7 up to 6 hours with ready access to adult supervision (NEVER overnight)

Grades 10, 11 & 12 YES

UNATTENDED IN A VEHICLE?

Birth-3rd grade NEVER

Grades 4 & 5 YES for up to 10 minutes (keys removed and handbrake applied)

Grades 6-12 YES

UNATTENDED OUTSIDE?

Birth-4 years NEVER

K-5th grade YES if in a playground or yard (MUST be in sight or hearing distance from a parent or supervising adult AT ALL TIMES)

Grades 6 & 7 YES up to 6 hours (with access to adult supervision)

Grades 8 & up YES

Further information can be obtained at www.aeim.hqusareur.army.mil or ACS for a copy of the Child Supervision Guidelines

FAILURE TO EXERCISE PARENTAL RESPONSIBILITIES MAY CONSTITUTE CHILD NEGLECT

Daisy Boyd

Family Advocacy Program Manager

M-Th 0800-1700, F 1130-1700

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Liana L. Sevcik

Family Advocacy Program Educator

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Cynthia Jacobs

Family Advocacy Program Specialist

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FINANCIAL READINESS

Financial Readiness

Learning to manage your money is a vital step toward securing your future.

Visit the Financial Readiness Program to find a range of information that will help you take control of your finances.

Program Highlights

In addition to the scheduled monthly classes, we are available to teach special classes at your unit, and meet with clients one on one. We can:

- Assess your situation
- Make a revised spending plan if you are experiencing changes in pay and/ or expenses
- Prepare a Debt Management Plan
- Help you start a TSP account
- And much more!

**Look at our
ACS Calendar to see the
classes that can benefit
you.**



Record Keeping

I had a really good friend back when I started in the military. His name is Paul Vernon Black. We were in the same flight school class and, being somewhat rowdy, spent some quality time on restriction and shared events of our past and plans of our future.

To look at him, you would not guess that he had spent a tour in Vietnam already, with an Army Security Agency helicopter unit. He just looked too young. He told me of his family and described the yellow color of his 1969 Plymouth Barracuda as his mom's favorite color. He taught me to drive a stick shift, in his car, when I bought my own 1969 Plymouth Roadrunner and did not know how to use a standard shift. We sure had adventures driving the Dallas-Fort Worth toll-pike and continued being friends for another four months completing flight school at Fort Rucker.

Graduation split us up as he and Bob Uhl, another classmate headed to Vietnam and, per Paul's dream, a return to the ASA. I had a transition into the AH-1 Cobra and went to Vietnam a few months later.

Just prior to completing his second Vietnam tour, Paul and Bob Uhl were shot down over Cambodia. I won't go into everything here, but Paul would spend the next 32 years, 8 months, and 6 days as a POW-MIA before being identified and buried in Arlington. I know it was agony for his family.

I have been in this community, USAG Ansbach now, since 1972 and have seen first-hand the effects of deaths in military training, or via aviation, automobile, trains, and motorcycles. There have been deaths from crossing between Katterbach and Bismark on highway 14, traffic deaths in the little village of Katterbach, highway deaths on 14 between Katterbach and Nürnberg, deaths on 14 going into Ansbach, deaths on highway 13's big hill before getting to Storck Barracks, deaths on the Illesheim tank road, and so on and so forth. Far too many over the years.

Over the years, I have been on accident investigation boards, line of duty officer, Causality Assistance Officer, and a Financial Readiness Program Manager. What I want to share with you this month is the absolute need to have your records in order. It does not matter if you are married or single. You need to identify who you want notified, what shape your finances are in, where they are located, what debts you leave, who owes you, and more. You have to set them up so that the information, your wants and desires, will be clear to a stranger.

I have a recommended listing of what records are important (save in case of a fire), which are needed (you carry them with you each PCS), and which can be stored away. Please email me at Robert.risner@eur.army.mil and request them – "Record Info" in the subject bar would be great.

Take care of one another; don't drive drunk, or tired, or heedless of others. Drive defensively.

VACANT

Katterbach Financial Readiness Program Manager
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M-TH 0800-1700 & F 1130-1700

BOB RISNER

Storck Financial Readiness Program Manager
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INFORMATION & REFERRAL

WANT TO KNOW MORE ABOUT TRAVELING IN EUROPE?



BROWN BAG SEMINARS

*Once a month ACS Information and Referral
Will have a bring your brown bag lunch and
come learn about a great European Destination Spot.*

Upcoming Seminars:

August:
Learn about the wonderful city of Bamberg
Katterbach ACS August 13 - 1200-1300

Bamberg

Narrow alleys, cozy corners, medieval and baroque building fronts, plus a distinct romantic flair, Bamberg is a great piece of art. Bamberg is a lively art and cultural center with a long tradition of beer brewing and a thousand year history. The city is best explored on foot, at a leisurely pace. Must see places include the Imperial Dome with its four towers, the New Residence and romantic rose garden, the Old Court, the Old Town Hall that sits in the middle of the Regnitz River and the "Little Venice" part of town. There are many varied small specialty stores located in the old town and the 30 plus antique stores that will delight anybody collecting old things. There is so much to do and see in Bamberg that after a hard day of exploring, you can enjoy a fresh beer at one of the ten local breweries. All together this makes Bamberg a very interesting place to visit.



Mark Your Calendars!

2009 Community Showcase - August 29, 2009, 1100 - 1500

Come out and see what the USAG Ansbach community has to offer!

Malesh Chanquin

Katterbach Information and Referral
Program Manager
Malesh.chanquin@eur.army.mil
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Did You Know?

ACS has an extensive travel section.
We have maps, brochures and even books to check out!
Stop in for a visit and gather information on your next European vacation.

NEW PARENT SUPPORT PROGRAM



Audry E Haldaman, LCSW

New Parent Support Program
audry.e.haldaman@eur.army.mil
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Don't Forget!

Summer is a great time to get outside with your infant or toddler. Just remember to provide a hat or shade for your little one. Even though you may think you will be gone for just a little while, never leave home without planning to take along liquids and a snack. Be prepared for those times you have to wait at the doctor's office, the hairdresser's or in a restaurant. Keep on hand a busy bag made from a small back pack or draw string bag. Fill it with your child's favorite things: Bottled water, juices, and individual wrapped snacks such as animal crackers or apple-sauce. Throw in a small blanket for propping a sleepy head, small toys that make noise, a book and an extra diaper or change of clothing. Think ahead, use your imagination to fit your child's needs and your outing will be a pleasant one.

Who Are We??

It's about you! New Parent Support is staffed by a Licensed Clinical Social Worker. The Program provides one to one support for expectant parents and parents of children 0-3 years. The services include **confidential** home visits providing supportive counseling, parenting techniques and education. Please call to learn more about this program or to set up an appointment.



LaLeche league of Ansbach

This breast feeding group meets the second Wednesday of every month in the Children's Church Room in the basement of Katterbach Chapel. For breastfeeding support and information contact Donna at 09872 953 440.

RELOCATION

DAY TRIPS WITH THE KIDS (AND THEY'RE CLOSE TO ANSBACH TOO!) Leisure Park – GEISELWIND



OPENING HOURS:

JULY:

9.00 to 18.00 hours

AUGUST:

Mon – Fri, Sun 09.00 to 18.00 hours (no entrance after 16.00 hours)
Saturdays 09.00 to 20.00 hours

ADMISSION PRICE: (IN EUROS)

ADULTS AND CHILDREN OVER 1.40 Meters: 22,50

CHILDREN UNDER 1.40 Meters but OVER 1.10 Meters 19.50

*FREE for birthday kids (only with proof)

CHILDREN UNDER 1.10 Meters go FREE

ATTRACTIONS INCLUDE: Top of the world, T-Rex tower, nautical jets, wild water ride, Bavarian raft ride, nostalgic carousels, space center ride, wild bird safari, pet zoo, ape reservation, parrots, owls, free flying eagles and other birds of prey and much more.

All rides and shows are included in the admission price.



Herzlich Willkommen !

Program Services

- **Welcome Packets**
Full of handy information about your new duty station and the local community.
- **Loan Closet**
Provides basic household items for temporary loan for incoming and outgoing Families.
- **Newcomer Orientation (PEP) Program** for Spouses and Civilians otherwise know as: People Encouraging People (PEP)
Newcomer Orientation Program is a fun 2 day orientation for spouses and civilians who want to learn more about the Ansbach military and local community. The spouses will learn everything the Soldier learned in Head start. (Childcare can be reimbursed)
- **Relocation Counseling & Planning**
For inbound and outbound transferees.
- **Sponsorship Training**
For individuals and units.
- **Conversational German Language Classes**
- **English as a Second Language Classes**
- **Pre-move Destination Information**

DIANA O' BRIEN

Relocation Readiness Program Manager

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DEPLOYMENT & MOBILIZATION

Deployment & Mobilization

We are here to help with Family Readiness Issues. We are available to provide training and seminars to FRGs and others in support of the Deployment Cycle. We are currently building our resource library in order to provide Families and Soldiers with the most current information available regarding military life. Furthermore, we work with the command to help foster an understanding of Family Readiness and how they work together with the FRG to better support Families.

Upcoming Programs

Sept 9-10: FRG leader training 0900-1430 Katterbach YRR

Sept 21-24: 3/158 Pre-Deployment Battlemind, 1000-1130 KCFH*

Sept 22: 3/158 Pre-Deployment Battlemind, 1800-1930 KCFH

Sep 28 –Oct 1: 5/158 Pre-Deployment Battlemind, 1000-1130 KCFH

Sept 28: 5/158 Pre-Deployment Battlemind, 1800-1930 KCFH

Sept 28: FRG Forum Preparing for Separation, 1300-1500, Storck YRR

Sept 30: FRG Forum Preparing for Separation, 1300-1500, Katterbach YRR

Oct 6: 3/158 & 5/158 Make Up Battlemind, 1800-1930, KCFH

* KCFH = Katterbach Chapel Fellowship Hall

www.militaryonesource.com
www.myarmylifetoo.com

Fighting Fair

Accept the fact that conflict will always exist. Tension and stress are the basis of most marital conflict, and the military generates a particular kind of stress:

1. Learn to focus on one issue at a time during a discussion, and think before you speak. Keeping a cool head goes a long way toward resolving problems.
2. During a confrontation, allow your spouse equal time to speak his/her mind. An argument is essentially a debate and a debate cannot be successful unless both sides get a chance to air their views. There should be no winners and no losers.
3. When your spouse is talking, LISTEN to what he/she has to say.
4. Use a team approach to problem solving. Collaborative management is more effective. Remember, two people working as a team can get a lot more done than two adversaries can.
5. Don't run away from a confrontation; either physically or by using alcohol or drugs. Remember, for help with really tough problems, don't hesitate to contact the Army mental health counselors, chaplains, MFLCs and social workers.
6. Eliminate verbal weapons such as "I don't love you" or "You don't love me." Such tactics amount to emotional blackmail and can only foster resentment and anger. The military demands 24 hour availability, which makes it easier for Family members to feel as if the service member is more attached to the military than to his/her Family.
7. Never say: "I told you so." Help your partner save face if you should "win." Remember that a problem solved is a win for both.
8. Take "small bites." Don't try to settle a big issue in one sitting. Take your time and try to resolve the conflict one step at a time.
9. Never argue in bed!! Use a neutral room, and affirm your love often.
10. When angry, avoid comparing your spouse with someone else or bringing up past situations. Stick to the issues at hand and remember that you are dealing only with the person in front of you.
11. Do not hit below the belt. "Belt line" remarks often concern something in your spouse's appearance which he/she is sensitive about.
12. Learn to deal with jealousy. A conflict common in military marriages is caused by the recognition awarded to the military member for his/her dedication while the spouse goes unrecognized for her/his efforts and support.
13. Learn to be self-sufficient. Both you and your spouse will have to learn to do things by yourselves on occasion.
14. Realize that marriages and relationships don't always work out to be peaches and cream. You must make the choice to STAY together; marriage takes work from both of you.

The key to success by using these fair fighting techniques is the ability to put the interests of the couple above one's own concerns. The next time an argument arises, try these techniques. After all, you're in this together.

*Taken from "Hooah 4 Health" Deployment Guide
<http://www.hooah4health.com/deployment/familymatters/reunion.htm>*

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YELLOW RIBBON ROOM



**Need to use a computer?
Want a place to relax? Looking for the location of your next meeting? Want to save some money with coupons?**

The Yellow Ribbon Room offers all of these services and more. Come on over and check us out.

The Yellow Ribbon Rooms are looking for ways to better serve our customers. If you can think of any classes or activities that our Yellow Ribbon Rooms should offer, please call.

Program Highlights

German Cooking Classes

Come and learn some new recipes from our host nation and enjoy some good food and good company. Classes will be held at the Storck Yellow Ribbon Room.

Kid's Crafts

Offered in both Storck and Katterbach every Tuesday from 1500. Come and meet other parents while your children participate in a self directed art/craft activity.

Are you interested in joining a Deployment Support Group? Let us know by contacting a YRR or Mobilization and Deployment staff member

See our Calendar for dates and times of events!



Meet Your FRG C Co 5/158



This month we talk with Elena Hughes, the FRG Leader for C co 5/158, which recently deployed in support of OIF and OEF. She has been a military spouse for 3 1/2 years and an FRG Leader for the Past 17 months.

What has been the most rewarding part of leading the FRG?

Helping Spouses new to the Army and connecting people with each other.

What are your goals for the FRG?

To have a successful deployment, have each Spouse feel informed and connected to the company and the community, and to have newly arrived Spouses feel welcomed and settled as soon as possible.

What upcoming events do you have planned?

This month is care package send off and next month we'll have a class on handling your children's reaction to the deployment and the best way to handle your children when you are feeling stress.

When and Where do you hold your meetings?

The first Wednesday of every month either at the home of the FRG member or at the YRR. We alternate day and evening meetings to accommodate working Spouses and make it easier for children to attend.

Do you need volunteers?

Yes, we need a secretary

Is there anything that you would like to tell people about yourself?

I recently went back to school for my MBA and am training for my second marathon!

Is there anything else you would like to add?

I'd like to encourage people to reach out to their FRG and at least attend one meeting before deciding how active to be in the FRG. Frequently people think the FRG is a coffee group or a gossip circle and that is not the case!

HEATHER LAMMERS

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VICTIM ADVOCACY

WHAT IS SEXUAL ASSAULT?

Many people, when asked about sexual abuse, may think only of rape. You may have found some sexual incidents very troubling to you, but were told by others that "it was nothing" or it wasn't really sexual abuse. The following may help clarify the way you feel about sexual abuse and validate the significance of your experience or of someone you know. If you are having trouble clarifying the way you feel about an experience, contact victim advocacy.

Myth: It's not sexual abuse if you weren't physically forced.

Another way of thinking: There are many ways, in addition to physical force, that abusers take advantage of the person of people they are abusing. They include but not limited to: manipulation; coercion; threats; choosing vulnerable subjects; and seeking to make their victims vulnerable by giving them drugs or alcohol.

Myth: People who put themselves in dangerous places or situations or who wear revealing clothing are asking for trouble. It's their fault if they are abused.

Another way of thinking: There's nothing you can do or say that would make abuse your fault—even if you inadvertently showed poor judgment.

Myth: It's not sexual abuse if you weren't touched.

Another way of thinking: It is sexual abuse if someone forces you to look at or touch their sexual organs, forces you to show them parts of your body, forces you to perform sexual acts while they watch, or threatens that they are going to sexually abuse you.

Myth: If you have been sexually abused, you can never have a strong, intimate relationship because you can never get over the effects.

Another way of thinking: Many women who have been sexually abused do have intimate, loving, healthy relationships and have relieved the effects of their abuse. There are many ways to heal, many programs are designed to empower the victim and help establish connections with people who are loving, and affirming. Sexual abuse should never be ignored.

Nobody has the right to hurt you!

HOW PREVALENT IS SEXUAL ABUSE?

Sexual Abuse is rampant in our society, but it is now recognized as a very serious problem. Current estimates reveal that 1 in 3 women and 1 in 6 men will be sexually assaulted in their lifetime. Sexual violence can happen to anyone regardless of gender, race, age, socio-economic status, or religion. Sexual abuse can occur at any time and be perpetrated by anybody. It is a common misconception that most sexual abuse are committed by strangers. You are more likely to be sexual abused by someone you know than by a stranger in a dark alley.

TELLING YOUR STORY

I invite you to write down your story of sexual abuse. In a journal, in a sheet of paper—where you feel most comfortable doing so. The value of this exercise is in getting the experience outside of yourself. You can also work on an art project that honors your courage and strength. Remember every day that you are strong and powerful; that the sexual abuse was not your fault; that you do not owe sex to anyone; that you can have a good, intimate relationship; and that you can get over the effects of sexual abuse!

YADIRA MORALES

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VICTIM ADVOCACY

A victim advocate (VA) is here to help you navigate the system and understand options and resources available to you. A VA's first priority is to help keep you safe, treat you with dignity and respect and to help you receive the medical treatment, care and counseling services that you deserve. Please call to learn more about our program or to seek help.



SOLDIER AND FAMILY ASSISTANCE CENTER

THE SOLDIER AND FAMILY ASSISTANCE CENTER

supports the Soldiers and Family members assigned to the Warrior Transition Unit. The SFAC coordinates priority service with Garrison agencies and provides training and information to Wounded Warriors.

WEBSITE

The USAG Ansbach SFAC Webpage has a lot of useful information. By going to the website you are able to locate information and other links to helpful websites. You will find links for :

- Warrior/Soldier Services
- Family Services
- Leader's Corner
- Benefits
- Personnel Actions
- Transitioning Soldiers
- Agency Support
- Information
- FAQ

www.imcom-europe.army.mil/sfac/ansbach/index.htm

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Understanding your VA Benefits: Compensation & Benefits Handbook for Seriously Ill and Injured Members of the Armed Forces

The Handbook was developed by the Department of Defense to help Service members who are wounded, ill and injured, as well as the Family members who are taking care of them, navigate through the military and veteran disability, evaluation, compensation, and benefits programs that are designed to help them. It provides some valuable information on topics such as:

The Process of Becoming Eligible for Compensation and Benefits --

When you become wounded, injured, or ill as a member of the armed forces, a formal set of rules is in place to make sure you receive all of the benefits for which you are eligible. This process is called the Disability Evaluation System (DES) and it operates under public law (Title 10 and Title 38) to ensure you are treated fairly. The handbook provides an overview of the DES, how the parts of the system work, including the Medical Evaluation Board (MEB) and the Physical Evaluation Board (PEB).

Benefits -- Learn about the various types of benefits that are available to you and your Family. The qualifications for each program vary. Find out about the eligibility requirements and how to apply for each pro-gram. **Remember: You can apply for disability benefits while in the military or after separating from the military.**

Non-Medical Support -- You've probably noticed that the bulk of your medical care is being handled by a group of professionals and that a person with the title, "PEBLO," or Physical Evaluation Board Liaison Officer, has contacted you to help you understand where you are in the DES process and what to expect. But did you know that you and your Family members have access to support in a variety of other forms? Are you aware that your service has a specific program that assigns an advocate to you for the entire time you are going through this process – and beyond? Find out about government and non-government organizations and agencies that consider it an honor to do their part to assist you and your Family during this difficult time.

Medical Support -- Serving your country in a time of war can be one of the accomplishments of which you can be most proud. But what happens when that service leaves you injured, either physically or mentally? What if you injured your back in training, or became ill because of your service? What happens if the acts of war are what you see every night while you sleep? These situations, along with many more, can make fitting in at home more difficult. Find out about resources you can use to adjust to your new life at home, and how to notice and get help for depression or thoughts of taking your own life.

Transition Assistance Program -- The Transition Assistance Program was designed to ease the transition from military service to the civilian workforce and community. Whether you're retiring, going back to school, or looking for a new career, success requires planning and resources. To find the nearest Transition Assistance Office go to <http://www.militaryinstallations.dod.mil/ismart/MHF-MI/> and select Transition Assistance Program from the "Program or Service" drop down menu.

Access the Handbook online: http://www.transitionassistanceprogram.com/portal/transition/resources/PDF/Compensation_and_Benefits_Handbook.pdf

Alternatively, visit us at the SFAC at BLDG 5817-A, Yellow Ribbon Room, Katterbach



AUGUST CALENDAR OF EVENTS



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 3 FRG Leader Training 0900-1430 Storck YRR | 4 Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR German Cooking Class 1800-1930 Storck YRR FRG Leader Training 0900-1430 Storck YRR Consumer Rights and Obligations 0900-1100 Storck ACS | 5 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Computer Basics 1400-1600 Katt. ACS Scrap Booking Mania 1200-1400 Storck YRR Credit 0900-1100 Storck ACS Labor & Delivery Class 1630-1930 Storck ACS | 6 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview & Dress for Success 1400-1600 Katt. ACS Federal Resume Class 1000-1130 Storck ACS Debt Liquidation 0900-1100 Storck ACS | 7 |
| 10 Free EFMP Bowling 1700-1900 Katterbach | 11 Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR Insurance 0900-1100 Storck ACS | 12 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Floor Computer Basics 1400-1600 Katt. ACS Scrap Booking Mania 1200-1400 Storck YRR Key Caller Training 1000-1200 Storck YRR Personal Financial Readiness 0900-1100 Storck ACS Free EFMP Bowling 1700-1900 Storck | 13 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview & Dress for Success 1400-1600 Katt. ACS Interview & Dress for Success 1000-1130 Storck ACS Checkbook Management 0900-1100 Storck ACS Brown Bag Seminar "Bamberg" Katt 1200-1300 | 14 |
| 17 | 18 Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR AFTB Level I 0900-1400 Katt ACS | 19 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Fl Computer Basics 1400-1600 Katt. ACS Scrap Booking Mania 1200-1400 Storck YRR Investment Basics 0900-1100 Storck ACS EFMP Support Group 1200-1300 Katt ACS AFTB Level I 0900-1400 Katt ACS | 20 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview and Dress for Success 1400-1600 Katt. ACS Federal Resume Class 1000-1130 Storck ACS Personal Financial Readiness 0900-1100 Storck ACS EFMP Support Group 1200-1300 Storck ACS | 21 |
| 24 | 25 Resumix & Job Searching 1400-1600 Katt. ACS Children's Crafts 1500-1600 Storck YRR Children's Crafts 1500-1600 Katt. YRR Banking and Credit Union Services 0900-1100 Storck ACS | 26 Wiggles & Giggles Playgroup 1000-1130 Storck ACS 3rd Fl Computer Basics 1400-1600 Katt. ACS FRG Forum 1000-1200 Katt YRR Budget Development 0900-1100 Storck ACS Stress and Anger Management 1400-1600 Katterbach ACS | 27 Wiggles & Giggles Playgroup 1000-1130 Katt. Chapel Interview and Dress for Success 1400-1600 Katt. ACS Mandatory Personal Financial Readiness Training (EI-E4) 0800-1700 Storck ACS | 28 |
| 31 FRG Forum 1000-1200 Storck YRR | Program list Army Emergency Relief 3 Army Family Action Plan 4 Army Family Team Building 5 Army Volunteer Program 6 Exceptional Family Member Program 7 Employment Readiness Program 8 Family Advocacy Program 9 | Program List continued Financial Readiness Program 12 Information and Referral 13 New Parent Support Program 14 Relocation Readiness Program 15 Mobilization & Deployment Program 16 Yellow Ribbon Room 17 Victim Advocacy 18 Soldiers and Family Assistance Center 19 | Preregistration is required for all ACS classes or programs. Katterbach: 09802-83-2883 Storck: 09841-83-4555 | CHILD CARE FUNDED FOR AFTB & FRG TRAINING |